



Directory of Nutrition Education

Montana

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This directory is designed to connect you with nutrition education programs available for youth and families around Montana. This directory was developed by Montana School Nutrition Programs of the Office of Public Instruction (OPI) in cooperation with the many nutrition programs listed in this directory. Many thanks to the numerous programs, organizations, and agency staff that provided information for this directory.

Additional printed copies of this resource are available upon request or feel free to make copies.

If you would like more information or to see a program/organization added to this directory, please contact us:

Montana Team Nutrition Program

Montana State University
P. O. Box 173370
Bozeman, MT 59717-3370
406-994-5641

Katie Bark, Project Director
kbark@mt.gov



School Nutrition Programs

Montana Office of Public Instruction
P.O. Box 202501
Helena, MT 59620-2501
406-444-2501

Christine Emerson, State Director
cemerson@mt.gov

This resource is posted on the Montana Office of Public Instruction website, located at: www.opi.mt.gov/nutritioneducation

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Listing of Programs

by Age Group Served

SCHOOL AGE GRADES K-5

21st Century Community Learning Center
 Child and Adult Care Food Program
 Coordinated Approach To Child Health
 Eat Smart
 Flathead Farm to School
 Gallatin Valley Farm to School
 Learning by Nature
 Montana Action for Healthy Kids
 Montana Agriculture in the Classroom
 Montana FoodCorps
 Montana Nutrition and Physical Activity Program (NAPA)
 Montana Rural Health Initiative
 Montana Team Nutrition Program
 MSU Extension Food & Nutrition
 MSU Nutrition Education Program, SNAP-Ed and EFNEP
 Office of Public Instruction: School Nutrition Programs

EARLY CHILDHOOD

Child and Adult Care Food Program
 Coordinated Approach To Child Health
 Learning by Nature
 Montana Action for Healthy Kids
 Montana Agriculture in the Classroom
 Montana Nutrition and Physical Activity Program (NAPA)
 Montana Rural Health Initiative
 Montana Team Nutrition Program
 Montana WIC Program

SCHOOL AGE GRADES 6-8

21st Century Community Learning Center
 Child and Adult Care Food Program
 Coordinated Approach To Child Health
 Eat Smart
 Flathead Farm to School
 Gallatin Valley Farm to School
 Learning by Nature
 Montana Action for Healthy Kids
 Montana Agriculture in the Classroom
 Montana FoodCorps
 Montana Nutrition and Physical Activity Program (NAPA)
 Montana Rural Health Initiative
 Montana Team Nutrition Program
 MSU Extension Food & Nutrition
 MSU Nutrition Education Program, SNAP-Ed and EFNEP
 Office of Public Instruction: Agriculture Education (Grades 7 & 8)
 Office of Public Instruction: School Nutrition Programs

SCHOOL AGE GRADES 9-12

21st Century Community Learning Center
 Child and Adult Care Food Program
 Eat Smart
 Farm to Cafeteria Network: Growing Leaders
 Flathead Farm to School
 Gallatin Valley Farm to School
 Montana Action for Healthy Kids
 Montana Family, Career, and Community Leaders of America
 Montana FoodCorps
 Montana Nutrition and Physical Activity Program (NAPA)
 Montana Rural Health Initiative
 Montana Team Nutrition Program
 MSU Extension Food & Nutrition
 MSU Nutrition Education Program, SNAP-Ed and EFNEP
 Office of Public Instruction: Family and Consumer Sciences
 Office of Public Instruction: School Nutrition Programs
 Office of Public Instruction: Agriculture Education

COMMUNITY MEMBERS

Eat Right Montana
 Eat Smart
 Gallatin Valley Farm to School
 Learning by Nature
 Montana Action for Healthy Kids
 Montana FoodCorps
 Montana No Kid Hungry
 Montana Rural Health Initiative
 Montana WIC Program
 MSU Extension Food & Nutrition

PARENTS, GUARDIANS, OR FAMILY

MSU Extension 4-Health
 21st Century Community Learning Center
 Child and Adult Care Food Program
 Coordinated Approach To Child Health
 Eat Right Montana
 Eat Smart
 Gallatin Valley Farm to School
 Learning by Nature
 Montana Action for Healthy Kids
 Montana FoodCorps
 Montana No Kid Hungry
 Montana Nutrition and Physical Activity Program (NAPA)
 Montana Rural Health Initiative
 Montana Team Nutrition Program
 Montana WIC Program
 MSU Extension Food & Nutrition
 MSU Nutrition Education Program, SNAP-Ed and EFNEP
 Office of Public Instruction: School Nutrition Programs



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21st Century Community Learning Center (CCLC)

Contact: Mary Ellen Earnhardt

Phone: 406-444-3519

Email: mearnhardt@mt.gov

Address: Office of Public Instruction
PO Box 202501
Helena, MT 59634



Age Groups Served:

School Age Grades K-5

School Age Grades 6-8

School Age Grades 9-12

Parents, Guardians or Family

Mission:

This program supports the creation of community learning centers that provide academic enrichment opportunities during non-school hours for children, particularly students who attend high-poverty and low performing schools.

The program helps students meet state and local student standards in core academic subjects, such as reading and math; offers students a broad array of enrichment activities that can complement their regular academic programs; and offers literacy and other educational services to the families of participating children.

Program Goals/Focus/Impact:

1. Improve student-learning performance, for students of all ages, in one or more core academic areas through consistent involvement in 21st CCLC programs.
2. Offer a broad array of high-quality activities including youth development, drug and violence prevention, career development, art, music, recreation, technology education, and character education, which reinforce and complement the school day and positively affect school attendance, academic performance and decrease disciplinary actions or adverse behaviors.
3. Provide programming to engage families of enrolled 21st CLC participants with the intent of enhancing the home/school relationship, provide opportunities for parental involvement in school, and promote resiliency through family involvement.

Resources and Support:

Curriculum or educational resources

Professional development or technical assistance

Information via newsletters

Web sites

Social media

Direct nutrition education activities and instruction to youth and/or families

Website: <http://opi.mt.gov/Programs/TitlePrgms/SafeSchools/21Century/index.html>

Child and Adult Care Food Program (CACFP)

Contact: Mary Musil

Phone: 406-444-4086

Email: mmusil@mt.gov

Address: MT DPHHS—CACFP
PO Box 202925
Helena, MT 59620



Age Groups Served:

Early Childhood - Preschool
School Age (6-18 years)
Child care institutions

Mission:

To administer the USDA Child and Adult Care Food Program (CACFP) for the state of Montana.

Program Goals/Focus/Impact:

To support nutrition and food services to participants in eligible day care facilities.

To provide outreach, training and technical assistance to institutions; monitor program performance; facilitate expansion of the Program in low-income and rural areas; and ensure effective operation of the Program by participating institutions. The program is funded by the USDA, Food and Nutrition Service, and is offered through the Early Childhood Services Bureau of the Montana Department of Public Health and Human Services.

Resources and Support:

The Program provides education, training, professional development, information, materials, resources, website, and communications to participating institutions, facilities, owners, directors, food service managers, cooks, staff, colleagues, students and the public on behalf of the participants served.

Website: www.bestbeginnings.mt.gov

Coordinated Approach to Child Health (CATCH)

Contact: Lisa Tims

Phone: 406-329-5759

Email: ltims@saintpatrick.org

Address: St. Patrick Hospital
CATCH
500 W Broadway
Missoula, MT 59802



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8

Mission:

Coordinated Approach to Child Health is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. St. Patrick Hospital adopted the program because it is evidence-based; though it was originally designed to prevent cardiovascular disease in children, subsequent research has shown that it prevents childhood obesity.

Program Goals/Focus/Impact:

Teach children that eating healthy and being physically active every day can be fun. Over 7,500 sites around the country currently use CATCH. Most school districts adopt and support the program on their own; in western Montana, however, we have a unique structure. St. Patrick Hospital sponsors CATCH in schools and community sites through the funding of curriculum materials and by providing staff members with on-going technical support and training.

Resources and Support:

Curriculum or educational resources, Information via newsletters, Web sites, Social media, Direct nutrition education activities and instruction to youth and/or families

Website: www.catchusa.org



Eat Smart

Contact: Rebecca Morley

Phone: 406-258-3827

Email: rmorley@co.missoula.mt.us

Address: Missoula County Health Dept.
301 W. Alder
Missoula, MT 59802



Age Groups Served:

Parents, Guardians or Family
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12
Community Members

Mission:

Eat Smart's mission is to improve the food and beverage choices made by Missoula residents.

Program Goals/Focus/Impact:

Eat Smart is part of the public health initiative focusing on decreasing the prevalence of obesity and improving the health of Missoula residents through community interventions including population-based education, partnerships, policy and environmental changes.

Resources and Support:

Free services include bi-monthly e-nutrition newsletter

Shopping tours

Community breastfeeding support

Healthy nutrition presentations at schools, worksites, social service agencies, churches and health fairs

Website: www.co.missoula.mt.us/healthservices/EatSmart

Eat Right Montana (ERM)

Contact: Carmen Byker

Phone: 406-994-1952

Email: carmen.byker@montana.edu

Address: Eat Right Montana Coalition
PO Box 1631
Helena, MT 59624



Age Groups Served:
Parents, Guardians or Family
Community Members

Mission:

Eat Right Montana's mission is to promote healthy nutrition and physical activity choices and behaviors to improve the well being of all Montanans.

Program Goals/Focus/Impact:

Eat Right Montana is a diverse group of individuals and organizations who have come together with the common goal of providing consistent, science-based nutrition and physical activity messages to all Montanans. Eat Right Montana strives to: Endorse and support efforts to improve Montanans' health through nutrition and fitness; promote the vision of ERM; develop, disseminate and market ERM themes and educational campaigns; seek collaborative partnerships with industry, governmental and non-profit organizations at the local, state and national level.

Resources and Support:

Website and Facebook page with information about Montana nutrition and physical activity events
Healthy family recipes
Nutrition tips
Activities
Breastfeeding resources

Eat Right Montana also sponsors a Healthy Hero Award Program to recognize individuals and organizations that go above and beyond their job duties to promote health in Montana through nutrition and physical activity.

Website: <http://www.eatrightmontana.org/> or visit us on Facebook at Eat Right Montana



Farm to Cafeteria Network: *Growing Leaders* a project of NCAT

Contact: Nancy Moore

Phone: 406-533-6648

Email: nancym@ncat.org

Address: NCAT
3040 Continental Dr
Butte, MT 59701



Age Groups Served:
School Age Grades 9-12

Mission:

Our "Growing Leaders" program seeks to connect high school students interested in sustainable food and agriculture and healthy living through leadership trainings, social media, and an annual Youth Summit.

Program Goals/Focus/Impact:

The "Growing Leaders" program is very new (launched in 2013) and forms just one part of Farm to Cafeteria Network's larger programming that aims to increase local food in Montana institutions. The youth program is focused on getting young people involved in the larger local food movement in Montana and empowering them to make change in their schools and communities. We do this by providing a forum through which young people can share resources, build relationships, and develop leadership skills.

Resources and Support:

Information via newsletters, Web sites, Social media , Leadership trainings, Annual conference

Website: www.farmtocafeteria.ncat.org



Flathead Farm to School

Contact: Jennifer Montague

Phone: 406-751-3646

Email: montaguej@sd5.k12.mt.us

Address: Flathead Farm to School
1658 2nd St
Whitefish, MT 59937



Age Groups Served:

School Age Grade K-5

School Age Grade 6-8

School Age Grade 9-12

Mission:

Our mission is to reconnect people to the sources of their food and to those who produce it through education, outreach, and market support.

Program Goals/Focus/Impact:

Flathead Farm to School is a program of Farm Hands – Nourish the Flathead. Nourish works under three pillars: Farm to Fork, Food for All, and Youth Empowerment; Flathead Farm to School falls under all three. We are a coalition of Flathead Valley school districts, including Somers/Lakeside, Bigfork, Kalispell, and Whitefish.

At schools in these districts, we are working on building and utilizing school gardens; increasing the amount of nutrition and cooking education; and sourcing healthy, local foods for our cafeterias.

Our goal is to grow our work in the districts we are currently involved with, as well as expand to more districts and schools in the valley.

Resources and Support:

Information via website and social media

Direct food education activities and instruction to students

Training of participating food service managers and staff

Website: www.nourishtheflathead.org



FoodCorps Montana a project of NCAT

Contact: Nancy Moore

Phone: 406-533-6648

Email: nancym@ncat.org

Address: NCAT
PO Box 3838
Butte, MT 59802



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12
Community Members

Mission:

FoodCorps is a nationwide team of leaders that connects kids to real food and helps them grow up healthy.

Program Goals/Focus/Impact:

We place motivated leaders in limited-resource communities for a year of public service. Working under the direction of local partner organizations, we implement a three-ingredient recipe for healthy kids.

Our service members:

1. teach kids about what healthy food is and where it comes from;
2. build and tend school gardens;
3. bring high-quality local food into public school cafeterias.

Resources and Support:

FoodCorps members placed regionally around the state.

Website: www.montanafoodcorps.org



Gallatin Valley Farm to School

Contact: Aubrey Roth

Phone: 406-219-1010

Email: aubree@gvfarmtoschool.org

Address: Gallatin Valley Farm to School
PO Box 563
Bozeman, MT 59771



Age Groups Served:

Parents, Guardians or Family
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12
Teachers, Community Members

Mission:

To connect schools and local producers in the Gallatin Valley, Montana.

Program Goals/Focus/Impact:

Through connections with local producers the program will realize many goals, including:

1. serving healthy, fresh, made from scratch, local meals in school cafeterias;
2. improving student nutrition;
3. providing health, nutrition and agriculture education;
4. enhancing local economies by supporting local farmers; and
5. instilling a sense of community citizenship in students.

Resources and Support:

Professional development or technical assistance, Information via newsletters, Web sites, Social media , Direct nutrition education activities and instruction to youth and/or families

Website: www.gvfarmtoschool.org



Learning by Nature

Contact: Bobbi Geise

Phone: 406-599-1770

Email: Bobbi@LearningByNature.org

Address: Learning by Nature
3475 Tumbleweed Dr
Bozeman, MT 59715



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8
Community Members

Mission:

Learning by Nature designs and creates innovative and sustainable outdoor environments and professional development opportunities that connect people, place and play.

Program Goals/Focus/Impact:

Learning by Nature offers a blend of 30 years experience in the areas of education, curriculum development, landscape design, fundraising, and consulting. Learning By Nature's staff has traveled the world researching and playing in all varieties and sizes of outdoor learning landscapes, playscapes, and edible school yards.

Our ultimate goal is to get children, educators and families back outside to enjoy the wonders of nature through fun, safe, engaging and educational landscapes and lessons. We look forward to helping you create a healthy learning landscape and scrumptious engaging curriculum.

Resources and Support:

Workshops, Designs, Consultation, Fundraising

Website: www.learningbynature.org



Montana 4-H

Contact: County Extension Agent

Phone: 406-994-3501

Email: See County Agent Listings

Address: See County Agent Listings



Age Groups Served:

School Age Grades K-5

School Age Grades 6-8

School Age Grades 9-12

Mission:

The Mission of Montana 4-H is to engage youth and adults across the state in partnerships with Montana State University Extension to promote positive youth development utilizing the collaborative strengths and resources of the USDA, Montana State University, local communities and citizens of Montana.

Program Goals/Focus/Impact:

Montana 4-H strives to create engaging, research-based learning environments that focus on the Eight Essential Elements of Positive Youth Development. Through educational, learning-by-doing projects, club meetings, community service projects, and skill-building events, youth develop competence, confidence, connection, character, and compassion resulting in positive contributions to their communities.

Through the 4-H Healthy Living Mission Mandate, 4-H engages youth and families with opportunities to achieve optimal physical, social and emotional well-being.

Resources and Support:

4-H offers a variety of healthy living projects for youth across the state. Topics include cooking-based projects and a fitness, nutrition and health project.

Website: <http://www.montana4h.org>

County Extension Agent Listings: <http://www.msuxextension.org/localoffices.cfm>



Montana Action for Healthy Kids (MT AFHK)

Contact: Molly Stenberg

Phone: 406-994-7217

Email: stenberg@montana.edu

Address: Montana State University
P.O. Box 173370,
Bozeman, MT 59717



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12
Community Members

Mission:

Montana Action for Healthy Kids Team is dedicated to improving the health and wellness of our children in schools and communities through nutrition and physical activity where children learn, participate in, and enjoy healthy lifestyle behaviors.

Program Goals/Focus/Impact:

Montana Action for Healthy Kids (MT AFHK) is a statewide group working avidly to make childcare centers, schools and communities healthy places for kids by enhancing nutrition and physical activity opportunities. MT AFHK is a sub-committee of Eat Right Montana. Membership is open to anyone who is interested in supporting healthy kids. MT AFHK meets quarterly to keep abreast of current happenings, share resources and information, and is involved at the state and grassroots local level to support healthy schools and communities.

In addition to the statewide team, four local teams are working hard in these communities:

1. *Billings Action for Healthy Kids Team*
Kathy Aragon (jenaragon@bresnan.net) and Bernie Mason (bcmason2612@hotmail.com)
2. *Great Falls Action for Healthy Kids Team*
Erica Bridgeford (erica_bridgeford@gfps.k12.mt.us)
3. *Helena Action for Healthy Kids Team*
Cassandra Drynan (cassandramd@yahoo.com)
4. *Missoula Action for Healthy Kids Team*
Julie Leister (jleister@hellgate.k12.mt.us) and Rebecca Morley (rmorley@co.missoula.mt.us)

Resources and Support:

Action for Healthy Kids is your "go to" place for how-to-guides, fact sheets and quick tips to help you create a healthy school environment. Check out the latest resources from our partners, volunteers and experts on our website.

Websites:

<http://www.actionforhealthykids.org/in-your-state/montana/welcome>
<http://www.eatrightmontana.org/eatrightafhk.htm>

Montana Agriculture in the Classroom

Contact: Lorri Brenneman

Phone: 406-437-1906

Email: lbrenneman@mt.gov

Address: Agriculture in the Classroom
PO Box 1056
Manhattan, MT



Age Groups Served:

Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8

Mission:

To provide today's teachers with timely, accurate, and integrated standards based curriculum on Montana agriculture through "hands on, minds on" activities.

Program Goals/Focus/Impact:

Goal is agriculture literacy for grades PreK-8. Focus encompasses all aspects of agriculture literacy, from soils to world marketing.

Impact brief: 2012 outreach statistics are available by request.

Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Information via newsletters, Web sites, Social media

Website: <http://agr.mt.gov/agr/Programs/AgClassroom/>



Montana No Kid Hungry: Cooking Matters at the Store

Contact: Lisa Lee

Phone: 406-444-3518

Email: LLee@mt.gov

Address: MT DPHHS
PO Box 42101
Helena, MT 59620-4210



Age Groups Served:

Parents, Guardians or Family
Community Members

Mission:

End child hunger in Montana by ensuring all children get the healthy food they need every day.

Program Goals/Focus/Impact:

Montana No Kid Hungry's primary goals are to:

1. improving access to healthy food, and
2. empowering parents and caregivers by learning to plan meals, stretch their food dollar, and cook healthy.

Cooking Matters at the Store is a program offered by *Share Our Strength*, which is a national nonprofit that works to end childhood hunger in the U.S. and funds the state No Kid Hungry campaigns.

Cooking Matters at the Store is a guided in-store shopping tour that helps families shop and use the resources that they currently have, like SNAP and WIC benefits. The tours teach participants key food shopping skills like buying fruits and vegetables on a budget, comparing unit prices, reading food labels, and identifying whole grains. The goal is to have participants understand and feel comfortable buying well-balanced meals for their families.

Resources and Support:

A fun opportunity to learn how to eat healthy on a budget with a hands-on experience

A chance to share and earn from others

A \$10 gift card

A reusable bag, booklet to follow along, and recipes

Website: mt.nokidhungry.org

Montana Rural Health Initiative

Contact: Audrey Schadt

Phone: 406-994-5310

Email: audreyschadt@montana.edu

Address: Montana State University
PO Box 170520
Bozeman, MT 59717



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12
Community Members

Mission:

Our mission is to create a dynamic network linking prevention and community-based wellness programs throughout Montana to stimulate a higher level of wellness across the state.

Program Goals/Focus/Impact:

The Rural Health Initiative is managed through the Montana Office of Rural Health/Area Health Education Center. The key components of the initiative are:

1. A highly interactive website featuring:
 - ⇒ Showcase of local initiatives
 - ⇒ Calendar of events
 - ⇒ Technical assistance support database
 - ⇒ Links to health, wellness, and prevention resources
2. Regular communications via a listserv and e-newsletter
3. Webinars and education programs designed to improve the capacity of rural Montana health and wellness programs

Resources and Support:

Curriculum or educational resources, Mini-grants or funding opportunities, Information via newsletters, Web sites, Social media, Direct nutrition education activities and instruction to youth and/or families

Website: www.montanaruralhealthinitiative.com

Montana Team Nutrition Program

Contact: Katie Bark

Phone: 406-994-5641

Email: kbark@mt.gov

Address: Montana State University
Team Nutrition Program
PO Box 173370
Bozeman, MT 59717



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12

Mission:

To motivate children to make healthful food and beverage choices through healthier school environments and nutrition education.

Program Goals/Focus/Impact:

The Montana Team Nutrition Program is the training arm for school nutrition programs and builds support for healthier school environments through food service training, nutrition education and implementation of the local school wellness policy.

Focus areas are:

1. Healthy School Awards;
2. Nutrition Education;
3. Nutrient-rich school meals and snacks;
4. Pleasant and Positive Mealtimes;
5. Farm to School;
6. Food Safety/School HACCP.

Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Mini-grants or funding opportunities, Information via newsletters, Web sites, Social media, Farm to school, Local school wellness policy information

Website: www.opi.mt.gov/MTeamNutrition

Montana Family, Career & Community Leaders of America

Contact: Megan Vincent

Phone: 406-444-3599

Email: mvincent2@mt.gov

Address: Office of Public Instruction
PO Box 202501
Helena, MT 59620



Age Groups Served:

School Age Grade 9-12

Mission:

The mission of Montana Family, Career and Community Leaders of America (FCCLA) is to promote personal growth and leadership development through Family and Consumer Sciences Education. Focusing on multiple roles of family member, wage earner, and community leader, members develop skills for life through:

1. character development;
2. creative and critical thinking;
3. interpersonal communication;
4. practical knowledge; and
5. career preparation.

Program Goals/Focus/Impact:

FCCLA is a nonprofit national Career and Technical Student Organization (CTSO) for young men and women in Family and Consumer Sciences education in public and private school through grade 12. Everyone is part of a family, and FCCLA is the only national CTSO with the family as its central focus. Since 1945, FCCLA members have been making a difference in their families, careers, and communities by addressing important personal, work, and social issues through Family and Consumer Sciences education. Montana FCCLA provides opportunities for active student participation at local, state, and national levels. Montana has around 70 active FCCLA chapters with over 1,130 members.

Resources and Support:

Chapter projects focus on a variety of youth concerns, including teen pregnancy, parenting, family relationships, substance abuse, peer pressure, environment, nutrition and fitness, teen violence, and career exploration. Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life -- planning, goal setting, problem solving, decision making, and interpersonal communication -- necessary in the home and workplace.

Website: www.mtfcccla.org

Montana Nutrition and Physical Activity Program (NAPA)

Contact: Mandi Zanto

Phone: 406-444-7373

Email: mzanto@mt.gov

Address: MT DPHHS
1400 Broadway C-314A
Helena, MT 59620



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12

Mission:

Making active living and healthy eating easier everywhere Montanans live, work, learn and play.

Program Goals/Focus/Impact:

The Montana Nutrition and Physical Activity Program is funded by the Centers for Disease Control and exists to take more sweeping population-based approaches (as differentiated from working person by person). The program focuses on *environments* where we can support communities through their local hospitals, schools, and local governments. These are mostly citizen-led efforts to create better daily opportunities for physical activity and healthful eating where we live, work and play.

Our agreement with the Centers for Disease Control spells out that we will :

1. work for effective policy and environmental changes;
2. develop and maintain strategic partnerships to leverage this important work; and
3. develop capacity to monitor and share relevant obesity-related, nutrition and physical activity data in Montana.

Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Mini-grants/funding opportunities

Website: www.mtnapa.com

Montana WIC Program

Contact: Joan Bowsher

Phone: 406-444-4747

Email: jbowsher@mt.gov

Address: MT DPHHS
1400 Broadway
Cogswell Building, Rm 305
Helena, MT 59620



Age Groups Served:

Parents, Guardians or Family
Early Childhood - Preschool

Women-pregnant, breastfeeding, recently
delivered and infants

Mission:

To safeguard the health of low-income women, infants and children up to age 5 who are at nutritional risk by providing information on healthy eating, referrals to health care and nutritious foods to supplement diets.

Program Goals/Focus/Impact:

The Montana WIC Program's focus is to improve the health of women, infants and young children during critical times of growth and development. WIC acts as an adjunct to health care during those times to reduce health problems.

Resources and Support:

Direct nutrition education activities and instruction to youth and/or families, Nutrition and breastfeeding education, Referrals to health and social services, Specific supplemental foods

Website: www.wic.mt.gov

MSU Extension 4-Health

Contact: Carrie Benke

Phone: 406-994-4351

Email: carrie.benke@montana.edu

Address: Montana State University
205 Herrick Hall
Bozeman, MT 59717



Age Groups Served:

Parents, Guardians or Family

Mission:

The 4-Health Program promotes healthy lifestyles among Montana families through parent education. The program aims to promote health and well-being while preventing or reducing the risk of obesity.

Program Goals/Focus/Impact:

1. Food and Nutrition: Choose foods and beverages packed with nutrients, eat meals and snacks regularly, choose food portions appropriate for activity level, increase time when family eats together, practice the principles of normal, healthy eating, and avoid unhealthy weight control practices.
2. Physical Activity: Create an accessible physical environment that promotes an active lifestyle, reduce sedentary time, promote physical activity through family communication, and take advantage of community sites that provide places for physical activity.
3. Positive Body Image: Focus on each individual's positive traits and capability, encourage size and body acceptance of self and others, understand media and environmental influences on the development of body image, teach and model healthy self-esteem, respect, and confidence.
4. Parenting and Family Communication: Practice good communication skills, provide high levels of love, warmth, and boundaries, advocate for preteens, provide opportunities for preteens to grow and develop an identity.

Resources and Support:

Curriculum or educational resources

Website: www.4health.org

MSU Extension Food and Nutrition

Contact: Lynn Paul, EdD, RD

Phone: 406-994-5702

Email: lpaul@montana.edu

Address: Montana State University
PO Box 173370
Bozeman, MT 59717



Age Groups Served:

Parents, Guardians or Family
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12
Community Members

Mission:

MSU Extension is a statewide educational outreach network whose goal is to improve the health and well-being of Montanans by applying unbiased, research-based university resources for local, state, national and global needs. Our mission is to empower individuals, families and communities to apply information, resources, and skills to make informed, healthy, and sustainable decisions and changes in the areas of food and nutrition, food safety, food preservation, health promotion, physical activity, and body image.

Program Goals/Focus/Impact:

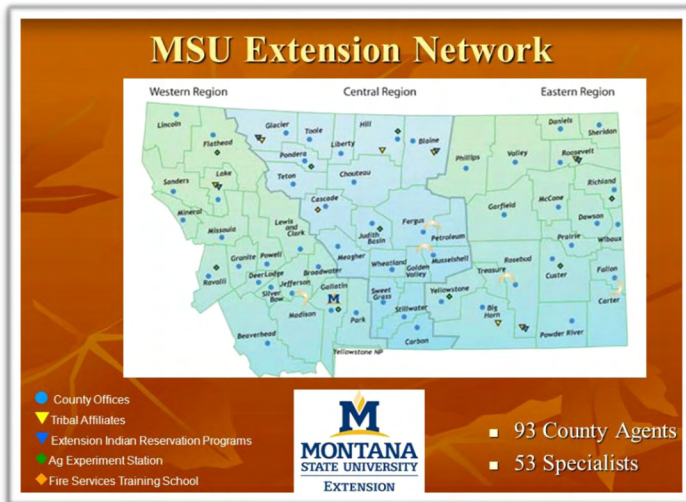
Programs and Focus of MSU Extension Food and Nutrition

1. Food and Nutrition Demonstrations
2. Strong Women-Strength training for middle aged and older people
3. Promoting Healthy Lifestyles and Well-being
4. Worksite Wellness
5. 4-Health-Parent-centered childhood obesity prevention program
6. Food Safety and Good Agriculture Practices for Produce
7. Food Preservation for Consumers

Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Direct nutrition education activities and instruction to youth and/or families

Website: www.msuetension.org/nutrition



MSU Extension Nutrition Education Program, SNAP-Ed and EFNEP

Contact: Cora French-Robinson

Phone: 406-994-1756

Email: cora.frenchrobinson@montana.edu

Address: Montana State University
235 Culberston Hall
PO Box 172235
Bozeman, MT 59717



Age Groups Served:

Parents, Guardians or Family
School Age Grades K-5
School Age Grades 6-8
School Age Grades 9-12

Mission:

Both the SNAP-Ed and EFNEP program in Montana provides nutrition, food safety, meal planning and budgeting information to low-income families and those on SNAP or are eligible. Teaching a series of six to seven classes in food preparation, cooking skills and physical activity encourages participants to increase their skills during class and at home.

Program Goals/Focus/Impact:

The goal of both the SNAP-Ed and EFNEP programs is for families to become healthier in their food choices, cook nutritious meals at home and incorporate daily physical activities into their lives to decrease obesity and disease.

Resources and Support:

Curriculum or educational resources, Information via newsletters, Web sites, Social media , Direct nutrition education activities and instruction to youth and/or families

Website: www.buyeatlivebetter.org

Office of Public Instruction Agriculture Education

Contact: Brad King

Phone: 406-444-4451

Email: bking2@mt.gov

Address: MT Office of Public Instruction
PO Box 202501
Helena, MT 59601



Age Groups Served:
School Age Grades 7-8
School Age Grades 9-12

Mission:

High School Agriculture Education and Future Farmers of America (FFA).

Program Goals/Focus/Impact:

Agricultural Education (Ag Ed) is a sequential set of course offerings for students in grades 7-12. The program is designed to develop knowledge, skills, attitudes, and experiences in and about agriculture. Ag Ed prepares students for further education, self-employment, entry-level jobs, and consumer awareness in the agriculture industry. Vocational Agriculture, as it was formerly called, was started in Montana in 1917 with the passing of the federal Smith-Hughes Vocational Act. Curriculums in Ag Ed may contain: Ag Business, Animal Science, Aquaculture, Forestry, Horticulture, Leadership, Mechanics, Natural Resources, Plant Science, and Wildlife Management. Most programs consist of three major components: classroom and laboratory instruction, supervised agricultural experiences and membership in the FFA. Quality programs are conducted on a year-round basis with students actively engaged in educational activities over the summer months.

Resources and Support:

Curriculum or educational resources

Website: http://opi.mt.gov/programs/CTAE/CTE.html#p7GPc1_2

Office of Public Instruction Family & Consumer Sciences

Contact: Megan Vincent

Phone: 406-444-3599

Email: mvincent2@mt.gov

Address: Office of Public Instruction
Family and Consumer Sciences
PO Box 202501
Helena, MT 59620



Age Groups Served:
School Age Grades 9-12

Mission:

The mission of Family and Consumer Sciences Education is to prepare students for family life, work life, and careers in Family and Consumer Sciences Education by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed for:

1. strengthening the well-being of individuals and families across the life span;
2. becoming responsible citizens and leaders in family, community, and work settings;
3. promoting optimal nutrition and wellness across the life span;
4. managing resources to meet the material needs of individuals and families;
5. balancing personal, home, family, and work lives;
6. using critical and creative thinking skills to address problems in diverse family, community, and work environments;
7. successful life management, employment, and careers development;
8. functioning effectively as providers and consumers of goods and services;
9. appreciating human worth and accepting responsibility for one's actions and success in family and work life.

Program Goals/Focus/Impact:

Family and Consumer Sciences (FCS) Education empowers individuals and families across the life span to manage the challenges of living and working in a diverse global society with a unique focus on preparation for family life, careers in FCSE and their interrelationships. As a part of Career & Technical Education, Montana's public schools include over 105 qualified FCSE high school programs serving more than 8,900 students. FCSE programs can also be found in middle schools across the state.

Resources and Support:

Family and Consumer Sciences curriculum areas include Consumer Services & Family Resources; Education & Early Childhood; Family & Community Services; Hospitality, Tourism & Recreation; Culinary Arts; Housing & Interiors; Human Development; Nutrition & Wellness; Parenting; and Textiles, Fashion & Apparel.

An integral part of FCSE is our student organization, Montana Family, Career & Community Leaders of America (FCCLA).

Website: www.opi.mt.gov/programs/CTAE/CTE.html and <http://mtfccla.org/>

Office of Public Instruction School Nutrition Programs

Contact: Christine Emerson

Phone: 406-444-2501

Email: cemerson@mt.gov

Address: Office of Public Instruction
School Nutrition Programs
PO Box 202501
Helena, MT 59620



Age Groups Served:

School Age Grade K-5

School Age Grade 6-8

School Age Grade 9-12

Mission:

To ensure schools provide nutritious meals and promote healthy lifestyles through collaborative education and training, and administration of the USDA School Nutrition Programs.

Program Goals/Focus/Impact:

Supporting Student Wellness: Promoting Health and Reducing Childhood Obesity

1. Ensuring nutrient rich school meals
2. Increasing access to fresh fruits and vegetables
3. Expanding Farm to School programs
4. Ensuring food safety

Increasing Program Access and Participation

1. Making it easier for children to enroll in free school meals through direct certification
2. Expanding access and participation in the School Breakfast Program
3. Feeding kids when school is out through the Summer Food Service Program

Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Information via newsletters, Web sites

Website: www.opi.mt.gov/programs/schoolprograms/school_nutrition

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 945-6136 (Spanish).

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Project Development by Katie Bark, Director—Montana Team Nutrition

Booklet design by Emily Dunklee, OPI School Nutrition Program Specialist

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